

Tide Mark Calendar

A one-page planning card for time blindness. Use it to make a start time real before the deadline feels real.

Use this when time is slippery and the work will not feel real until the last second. The goal is to create a visible start, not just a due date.

How to use it

- [] Pick one project, event, or deadline.
- [] Lock a start time before you decide how motivated you feel.
- [] Set alarms while you fill in the card so the plan exists outside your head.

Tide marks

- [] Project or quest: _____
- [] Start time locked: ____:____ on _____
- [] T-minus 60 alarm action: _____
- [] T-minus 15 alarm action: _____

Sandbar sprint

- [] Ten-minute preview done? _____
- [] What I touched: _____
- [] What happens when the alarm rings: _____

Buddy buoy

- [] Ally ping time: _____
- [] Ally name: _____
- [] Start note sent? _____
- [] End note sent? _____